

PARACHUTE

- Students will have two hands on the parachute unless otherwise stated.
- Race Track- grab the parachute with one hand and run, walk, skip and gallop around the circle. Change directions.
- Waves- using an up and down motions kids make waves in the parachute.
- Mushroom- on the count of 3 keep hold of the parachute and pull upward while walking into the middle 3 steps and back out 3 steps.
- Igloo- on the count of 3 lift the parachute, walk in 2 steps while pulling the parachute behind your head and sitting on the chute inside.
- Popcorn- teacher places a number of balls on the parachute, students then shake the parachute and the balls begin "popping".
- Birthdays- on the count of 3 the parachute is lifted and the teacher calls out a month. Those students with a birthday in that month change places. Remember to watch where you are going.